



GLUTEN FREE MENU

Guests on meal plan Half Board (HB) | Full Board (FB) | Shanti All-Inclusive (AI) are entitled to a food credit of MUR 3,000 per meal, per person.
Any consumptions beyond, will be charged accordingly. Credit is nonrefundable and non-transferable.
Menu availability depending on weekly opening times as per Shanti Times.
All prices are in Mauritian Rupees (MUR) and include 15% VAT

STARTERS

Octopus salad 🌱🌶️	950
<i>Grilled octopus in lime dressing with sliced onions, tomato, green chilli and fresh coriander</i>	
Indian mixed salad 🌱🌶️	800
<i>Paneer, lettuce, spinach, tomato, onion, pepper and lemon dressing</i>	
Chicken tikka salad (Indian speciality)	800
<i>Sliced tandoori roasted chicken, yogurt sauce, coriander, lettuce, cucumber and cherry tomato</i>	
Tropical salad with prawns 🌱	1,250
<i>Prawns, palm heart, assorted lettuce, tomatoes, seasonal fruits, almonds and sweet & sour dressing</i>	
Caprese salad 🌱	950
<i>Poached tomatoes, fresh Mozzarella cheese, lettuce, olive oil, fresh basil from our garden and balsamic vinegar</i>	

SOUPS

Tomato soup 🌱	450
<i>Tomato soup with fresh basil from our garden</i>	
Créole gazpacho 🌱	750
<i>Chilled tomato soup with shrimps, fresh coriander and olive oil dishes</i>	

BURGERS

Chicken burger (200g)	750
<i>Minced chicken with onions, Cajun spices, gherkins, tomatoes, lettuce and served with French fries</i>	
Beef burger (200g)	850
<i>Minced beef fillet with onions, Cajun spices, gherkins, tomatoes, lettuce and served with French fries on the side</i>	

SANDWICHES

- Tuna sandwich** 750
Smoked Tuna, sweet corn, onion, avocado, lettuce, tomato mayonnaise and French fries on the side
- Chicken club sandwich** 850
Chicken breast, turkey bacon, avocado, fried eggs, lettuce, tomato, mustard sauce and French fries on the side

PIZZA

- Margarita** **V** 650
Tomato sauce with buffalo Mozzarella cheese with fresh basil
- Hawaiian** 750
Turkey ham, pineapple and Mozzarella cheese
- Chicken Caesar and mayonnaise** 750
Tomato, chicken, onion, eggs, Mozzarella cheese and Mayonnaise

PASTA

(Please allow 20 mins cooking time)

Please select from the following choices:

Spaghetti or Penne

Please select any one sauce to accompany your pasta:

- Aglio olio** **V S P A** 700
Fresh garlic, red chili, white wine and parsley
- Carbonara** **P A** 750
Bacon, farm eggs, onion, white wine and cream
- Prawn and lime** **A Q S P A** 900
Prawn, garlic, chili, cherry tomato, oregano, white wine, combava lime zest
- Bolognese** **A** 950
Minced beef, carrots, tomato puree, onions, leek, celery and red wine

MAIN COURSES

Malagasy chicken curry SP	1,050
<i>Tender chicken thighs in coconut and lemon gravy served with steamed rice and cucumber salad</i>	
Butter chicken (Indian speciality) N	1,200
<i>Chicken cooked in rich buttered creamy tomato gravy served with steamed rice</i>	
Lamb Rogan josh (Indian speciality) SP	1,450
<i>Spicy lamb curry with ginger, garlic, red chili, onion, tomato served with saffron rice</i>	
'Catch of the day'	1,350
<i>Pan-seared marinated fish fillet marinated in herbs and garlic served with seasonal grilled vegetables and mashed potato</i>	
Madagascar style tuna fillet "mi-cuit"	1,250
<i>Pink seared Tuna fillet with shrimps, spinach, quinoa rice and vanilla-green peppercorn sauce</i>	
Grilled baby chicken	1,550
<i>Baby chicken marinated with garlic, lemon and thyme with onion, tomato, cucumber salad and served with homemade French fries</i>	

DESSERTS

Baked mango yogurt	425
<i>served with mint sorbet, mango coulis, Greek yogurt</i>	
Lemongrass crème brûlée	600
<i>Crème brûlée served with vanilla ice cream</i>	